

January 2008 SenioRx/Wellness Public Service Announcement

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New Year's Resolutions – Setting Goals

It seems like we can't help making New Year's resolutions after putting on a few extra pounds during the holidays. However, you can learn how to make New Year's resolutions by setting realistic goals. People age 55 and over can receive healthy lifestyle information on eating habits and increasing physical activities. The program, called SenioRx/Wellness, also provides free prescription medicine to people that qualify. Call 1-800-243-5463 for more information or to sign up for SenioRx/Wellness. This program is a partnership between SRX Coordinator at Local AAA, the Alabama Department of Senior Services and the Alabama Department of Public Health. Again, the phone number is 1-800-243-5463 and/or local phone number.